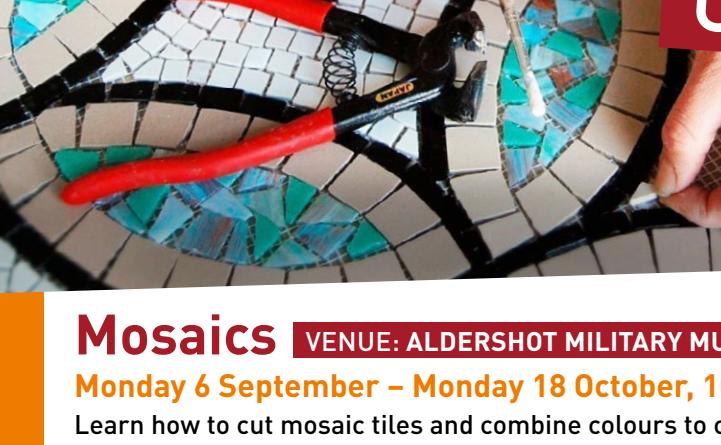
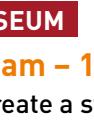


# AUTUMN TERM WELLBEING COURSES



All courses are free of charge



Hampshire Learns  
Skills & Participation

## Mosaics VENUE: ALDERSHOT MILITARY MUSEUM

Monday 6 September – Monday 18 October, 10am – 12pm

Learn how to cut mosaic tiles and combine colours to create a stunning piece of artwork.

The aim of the course is to build confidence but above all to relax, have fun and enjoy the creative process with the help of Lindsey your tutor. No experience necessary.



## Lino Cutting

VENUE: ALDERSHOT MILITARY MUSEUM

Monday 6 September – Monday 18 October, 1pm – 3pm

This workshop is suitable for complete beginners as well as those with a little experience of lino printing.

You will be shown all the basic techniques of lino cutting and printing, step by step, to get you started. Using the materials and tools provided you will have the opportunity to create your own designs with the help of Lindsey your tutor.

## Get Stuck in to Collage:

Explore your natural environment

VENUE: ALDERSHOT MILITARY MUSEUM

Tuesday 28 September –

Tuesday 23 November (no class 26 October)

10.30am – 12.30pm

Get immersed in the wonderfully accessible world of collage and develop your own style and creativity for things that you care about.

Delivered by artist Barbara Touati-Evans, each week you will be introduced to a different style, technique or material. Towards the end of the course, you will get a chance to work in mixed media and 3D practice. We will get space to explore our relationship with the natural world and how it affects our wellbeing. There will be a strong focus on sustainability as we will use second-hand materials.



## Jewellery Making

VENUE: ALDERSHOT MILITARY MUSEUM

Tuesday 28 September –  
Tuesday 19 October, 2pm – 4pm

Working with tutor Renata Graham you will work through a variety of jewellery projects including:

- Dangling earrings
- Seed beads memory wire bracelet
- Beaded necklace and bracelet
- Elastic rose quartz bracelet



## Christmas Theme Jewellery Making

VENUE: ALDERSHOT MILITARY MUSEUM

Tuesday 9 November –

Tuesday 30 November, 2pm – 4pm

Working with tutor Renata Graham you will work through a variety of Christmas themed jewellery projects including:

- Crystal cube earrings
- Beaded snowflake
- Christmas Japanese hanging tree
- Beaded lavender

## Paper Christmas Wreath

Tuesday 16 November –

Tuesday 14 December, 10.30am – 12.30pm

Get into the Christmas spirit and create your own paper Christmas wreath for your home.

This course is suitable for complete beginners. You will be shown how to cut, fold and stick paper to make a Christmas wreath with the help of Lindsey your tutor. It's a fun, relaxed environment to create something festive.

This course will be delivered online via Zoom with a couple of face-to-face sessions at Aldershot Military Museum – dates of sessions to be confirmed.